



Shown here at a meeting of the newly-reformed Lions Club from Kingston Township are, from left, seated, Mary and George Richard, VDG Patty Warwick, Lions Steve Brezna, PDG Ron Filippini, Mary Lou Bechtold and Jeff Smith. Standing, Lions Eileen Yurish, PDG Joan Milligan and Patty Oschal.

KT Lions Club completes project

The newly re-formed Lions Club from Kingston Township made another benchmark recently as members completed their first service project.

Club members and organizers met on December 15 to bring a little Christmas cheer to locals by delivering Christmas stockings to the children at the Head

Start program at St. Paul's Church.

Funding came from a fundraiser that occurred early in October.

Lion Patty Oschal and others went shopping and found exactly those items that would serve the club's intent.

This Lions Club has gotten a

good start in the area and is expecting to continue to grow.

Anyone interested in learning more or wishing to join can call 208-Lion, leave their name and phone number. The call will be returned.

A future project will be an eyeglass collection at Hillside Farms on February 28.

KEYS

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front of two judges and take a written test.

"I remember being a little nervous because it's Carnegie Hall and a lot of great people playing there," Flannery said of playing at the famous musical venue.

Flannery has also been awarded the prestigious Paderewski medal from the National Guild of Piano Teachers.

Although Flannery is able to play "Sonatina in C," she says there is more to the piano than classical music. She also enjoys playing popular songs such as

"Disturbia" and songs by Kid Rock.

"Music kind of helps me get away from the real world sometimes," Flannery said. "If I'm mad, I can go to the piano and play and my mood will change in a couple of songs."

Flannery's mother played the piano when she was younger and sometimes will play along with her daughter, an only child. At Christmastime, they played duets together where mom played the simple melody, or student part, and daughter performed the more difficult teacher part.

"I keep saying when I go to college I'm going to reserve my piano spot for her," Flannery said of her mother.

Although Flannery doesn't yet know where she's going to college or what she will study, she plans to continue the piano as a hobby. Instead, it is volleyball that Flannery plans to engage in at the college level.

Flannery was a standout on the Dallas High School girls volleyball team for four years and completed her last season in the fall.

The young woman's advice to piano apprentices is simply to never quit.

"It's not something you're going to pick up right away," Flannery said. "Like everything, it's something where you have to start small and build upon it. Stick with it all the way through and don't give up."

SWIM

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diers in the Miners National Bank Building.

She married her husband, Harry, in 1946. The couple relocated to Dallas in 1950 and had four children: Patricia, James, William and Nan. Harry operated the family business, Harry Peiffer Plumbing and Heating, while his wife took care of the children and the home.

In the 1960s after her children were grown, Peiffer decided to go back to school. She had attended college at Lynn Hall Junior College when she was younger and wanted to finish. She graduated from Wilkes College in 1969 with a bachelor's degree in business education.

Peiffer taught accounting at Dallas High School from 1969 until her retirement in 1985. She says she was never extremely physically active, but was determined to keep herself busy after her husband died in 1994 and now she goes to water aerobics three days a week and plays duplicate bridge on the two other weekdays at the Westmoreland Club and the Irem Temple Country Club.

"I've been active, but I'm not an athlete," Peiffer said. "I could get in that pool and go through the motions of jumping rope that I could never do on land. It's great because you can't see what people are doing, so you don't have to worry if you're athletic enough to do everything perfectly," Peiffer said.

The water aerobics class provides Peiffer more than just exercise; it has also made her part of a close group of friends.

Bartos often offers jokes to entertain the women. She also organizes bus trips for the group to places such as Lake Cayuga, Radio City Music Hall to see the Rockettes, Jim Thorpe and to her family's Italian deli, Catena



CHARLOTTE BARTIZEK/ FOR THE DALLAS POST

Dorothy Peiffer, 88, swims every day as part of a water aerobics class at Misericordia University.

Deli, in Brooklyn.

In addition, the women have an annual Christmas party and go out to breakfast every Wednesday after class. Peiffer's bridge commitment,

however, doesn't allow her to join the group for breakfast.

"Mary's been wonderful," Peiffer said. "It's a lot of fun and it's a great way to start the day."

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Mother and daughter team Anne Marie O'Meara & Courtney O'Meara

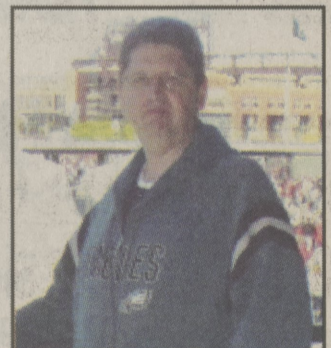


"I have been participating in this challenge since January 5th. To date, I have lost a total of 11 pounds and 18 inches. I feel great!"
- Anne Marie O'Meara



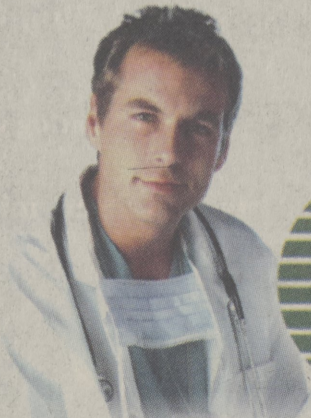
"...I'm now down 10 pounds. I also got measured the other day and for the second time since being on the challenge, and so far I've lost 16 inches from my whole body!"
- Courtney O'Meara

John Jorda, Captain of Detectives for the Kingston Police Department



"...25 pounds in 41 days. My life had changed so much for the better since I began this program."
- John Jorda

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